



## Living in the Now!

*Karina Jurado*

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# Living in the Now!

*Karina Jurado*

## **Living in the Now!** Karina Jurado

This is a self-help book for woman who have been through domestic violence.

If you are a victim and think there is no help or worst yet that there is no one to understand what you have been through this book can help you gain a different perspective on your situation.

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People live in this new day time of lifestyle always aim to and must have the free time or they will get large amount of stress from both way of life and work. So , once we ask do people have free time, we will say absolutely yes. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to an individual of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, the book you have read will be Living in the Now!.

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